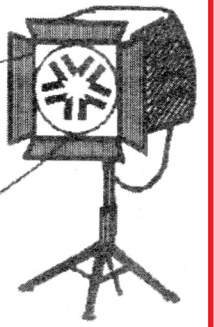


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 11

A newsletter for D.C. Seniors

November 2014



EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson, Ph.D., FAAMA

The focus of my message in this month's edition of "Spotlight on Aging" is dementia and the services that the District of Columbia Office on Aging is providing to improve the quality of life of those with dementia.

According to the Alzheimer's Association, dementia is a general term for a decline in mental ability that significantly interferes with daily life. Alzheimer's is the most common type of dementia that accounts for 60 to 80 percent of cases. The second most common type of dementia is vascular dementia, which occurs after a stroke. Symptoms of dementia include, but are not limited to, impairment of memory, communication and language, reasoning and judgment, and visual perception.

Dementia is caused by damage to brain cells. For those with Alzheimer's disease, research indicates that they have high levels of certain proteins inside and outside of the brain cells that make it difficult for brain cells to stay healthy and to interact with each other. The hippocampus is the brain region responsible for learning and memory in the brain, and the brain cells in this region are often the first ones damaged in the earlier stages of Alzheimer's.

In order to determine if one has Alzheimer's, it is essential for the patient to visit his/her primary care physician. The process includes the careful examination by physicians of the patient's medical history, a physical examination, laboratory tests, and the changes associated with the way the individual carries

out day-to-day, familiar functions.

The physician can diagnose a patient with dementia with a high degree of certainty; however, it is difficult to determine the type of dementia because the changes in the brain that are attributable to different types of dementia can overlap across dementia types. For a specific diagnosis on the type of dementia, it would be necessary for the patient to visit a neurologist or geropsychologist.

There is no cure or treatment for most progressive dementias, such as Alzheimer's disease, but there are prescription drugs that can temporarily slow the progression of symptoms and there are drug treatments that may temporarily improve symptoms.

There are also non-drug therapies that can alleviate some symptoms of dementia. Such treatment options include the identification of environmental triggers that exacerbate stresses in people who suffer from dementia, and modifying the environment to resolve obstacles to comfort and ease the individual's mind.

Another treatment option that I am very excited to introduce to you is Club Memory. Through a partnership with Johns Hopkins Medicine's Sibley Memorial Hospital, the District of Columbia Office on Aging has opened Club Memory on the east end of the city. Club Memory is a stigma-free social club for people with early-stage Alzheimer's, mild cognitive impairment or other forms of dementia, and their spouses, partners and caregivers.

See **DIRECTOR'S MESSAGE**, page 34

Diabetes Seminar



Seniors at Congress Heights Senior Wellness Center participate in a warm-up during a recent diabetes seminar. The next seminar will be held on Nov. 12 at Washington Seniors Wellness Center. For more information, call 202-581-9355.

Save the Date

Mayor Vincent C. Gray, D.C. Office on Aging and the
DCOA Senior Service Network present...

2014 Mayor's Annual Senior Holiday Celebration

Wednesday, December 10, 2014

10 a.m. - 2 p.m.

D.C. Armory

2001 East Capitol Street, SE Washington, DC 20003

Live entertainment, dancing, health screenings, wellness and safety information exhibits, immunizations, food, and giveaways!



Call (202) 724-5626 for ticket reservations.

To request exhibitor space, call (202) 724-5626.

Parking is limited and public transportation is encouraged. The D.C. Armory is located near the Stadium-Armory station on the Metrorail Blue and Orange lines



Government of the District of Columbia
Vincent C. Gray, Mayor



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Caregiving Resources

November is National Family Caregivers Month and Alzheimer's Awareness Month. According to the National Family Caregiver Institute there are between 25 and 52 million family caregivers in America. Family caregivers provide at least two-thirds of all home care.

The Office on Aging, through the Office on Aging Senior Service Network, provides a variety of programs and services to assist persons caring for their loved ones.

D.C. Caregivers' Institute

A social worker conducts a confidential assessment for program participants in the convenience of their home. The purpose of the assessment is to gain information about the caregiving situation in order to refer clients to helpful services and resources.

The assessment will focus on the caregiver's needs and concerns. During the assessment, the caregiver will complete a Caregiver Support Plan that makes recommendations concerning:

- Ways to decrease stress, and suggestions for self-care practices.
- People who can help with caregiving tasks.
- Resources available through the senior services network supported by the D.C. Office on Aging.
- Items and services reimbursable through the Caregiver Flex Account.
- How to best use the other services of the District of Columbia Caregivers' Institute.

For more information, contact 202-464-1513, info@dccaregivers.org or www.dccaregivers.org.

Homecare Partners

Homecare Partners is a nonprofit organization funded by the Office on Aging that sends well-trained

home care aides to provide non-medical care and help around the home. They also assist families on how to cope with the responsibilities of caring for a loved one, and operate a Training Institute for direct care workers and family caregivers.

If you need assistance with support for your loved one in the home, contact 202-638-2382 or info@home-carepartners.org.

Downtown Cluster's Geriatric Day Care Center

Provides adult day care services for DC residents age 60 and older. Contact 202-347-7527 for more information.

Genevieve N. Johnson Senior Day Care Center

Genevieve N. Johnson Senior Day Care Center provides a combination of geriatric day care, recreation/socialization, and health promotion services for frail elderly in need of assistance with mobility, well elderly with independent mobility, and seniors wanting to participate in various activities of interest.

Contact 202-723-8537 or email Rjohn9748@verizon.net.

Weinberg Wellness & Arts Center

Iona's Weinberg Wellness & Arts Center cares for and engages people with memory loss, diabetes, stroke, Parkinson's and other chronic conditions. It emphasizes their unique strengths and interests. The center is located at 4125 Albemarle St. NW, in Washington, D.C. It is open Monday through Friday from 8:15 a.m. until 5 p.m. A heart-healthy and diabetes-friendly lunch and snack are served. A wide variety of engaging and enjoyable activities are offered. Transportation options are available. Visit iona.org or call 202-966-1055.

Hot off the Presses: Long-Term Care Planning Guide

DCOA has released "The Long-Term Care Planning Guide," which provides a better understanding of long-term care for yourself or someone who requires assistance.

Long-term care is provided when a person of any age requires assistance with their physical or emotional needs over an extended period of time. This may be needed due to a terminal condition, disability, illness, injury, or the growing infirmity of an aging adult.

Although people receiving long-term care may also need medical care, long-term care is not part of traditional medicine. Medical care services aim to improve or correct certain medical conditions. Long-term care services, in contrast, help a person maintain as much independence as possible by assisting them with daily activities.

These may include any or all the following:

- Walking
- Bathing
- Dressing
- Driving
- Eating and/or preparing meals

- Getting to and from medical appointments

- Maintaining and repairing the home

- Shopping and running errands

- Managing money and paying bills

- Doing the laundry and other household chores

Nearly two out of every three Americans will need extended help in one or more of these areas during their lifetime, and most of these people will be elderly. Their need may be temporary or it may be necessary for many years; how long depends on the reason the care is needed.

The need for long-term care may also come suddenly, when you may be completely unprepared. Unfortunately, most of us learn about long-term care the hard way — right at the moment when the care is needed. This is when most of us discover we are ill-prepared with no plan in place.

For more information about "The Long-Term Care Planning Guide," or to get copies for yourself, group or your organization, call 202-724-5622.

Caregiver Respite Program

Caring for someone who has mental or physical limitations, and not receiving pay? Feeling exhausted or burned out as a caregiver?

If the answer to these questions is yes, then let us assist you in finding a respite provider so you can take a much-needed break!

We assist in locating short-term relief to families and primary caregivers of children and adults with disabilities and older adults by linking families to our online database of respite care providers. Our goal is to restore and strengthen their ability to continue providing care for their loved ones.

Contact Linda Irizarry at 202-535-1442 or Linda.irizarry@dc.gov

D.C. Caregivers Online Chat at Noon

Held bi-monthly on Tuesdays, the caregiver chat is a web-based conversation to provide information and tips to persons who are caring for a loved one. At noon, log on and participate by asking questions or sharing information with

others. If you're not available at noon, log on and hit replay when it is convenient.

The next chat dates for November are:

Tuesday, Nov. 11, noon

Tuesday, Nov. 25, noon

Visit www.dcoa.dc.gov for login information.

For more support by ward, contact the agency leading services in your ward:

Ward 1 - Terrific, Inc. Joseph McCarley 202-387-9000

Ward 2 - Terrific, Inc. Joann Ellsberry 202-595-1990

Ward 3 - Iona Senior Services 202-966-1055

Ward 4 -Terrific, Inc. Edwinta Jenkins 202-882-1824

Ward 5 - Seabury Resources Ward 5 202-529-8701

Ward 6 - Seabury Resources Ward 6 202-397-1725

Ward 7 - East River Family Strengthening Collaborative 202-534-4880

Ward 8 - Family Matters of Greater Washington 202-562-6860

Affordable Housing for Single Adults

Mark your calendar to apply for SOME's (So Others May Eat) single room occupancy units. Initial applications will be taken by phone on Jan. 13 and 15, 2015 from 10 a.m. to 2 p.m. Those who meet income and other restrictions will be asked to come in to

continue the application process.

The single room units share lounges, dining rooms, kitchens and bathrooms. Each unit is furnished. Residents pay 30 percent of their income.

Call 202-797-8806 on those dates to apply or for more information.

Adult Day Care Celebrates Anniversary

Downtown Cluster's Geriatric Day Care Center recently celebrated its 39th Anniversary at the Washington Navy Yard. Approximately 200 center participants, their caregivers and family members gathered to celebrate the anniversary under the theme "Aging Strong."

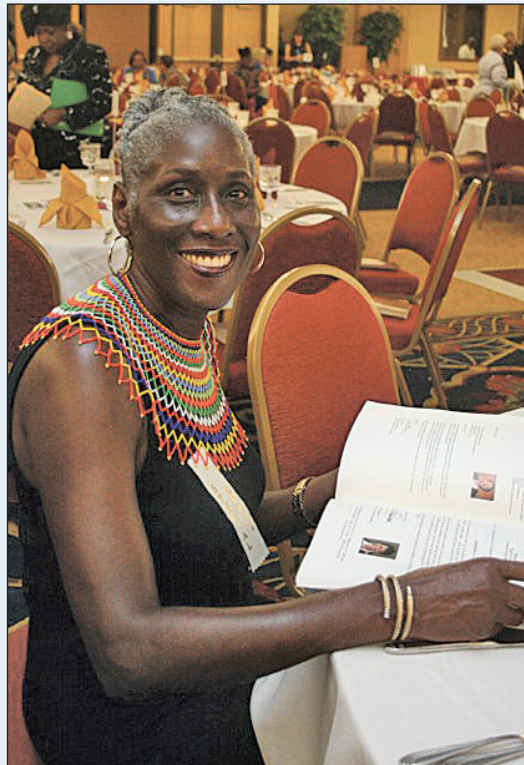
Caregivers Linda Bowles and Rogeria Westbrook shared their caregiving stories during the event. Westbrook quit her job and relocated from the Midwest to care for her aunt, who has dementia. Her aunt, who spoke 13 languages, was an accomplished concert pianist and soloist, and a professor from the University of the District of Columbia. Although there are other relatives in the area, none became actively engaged in or showed concern for her care or well-being. Westbrook shared with attendees that although she no longer speaks, her eyes light up and she smiles when spoken to in another language.

Bowles is one of six children who care in rotation for their mother, who is restricted to a wheelchair after an accidental injury. Bowles is the primary caregiver, and all agree they would not be able to continue working were it not for the Day Care Center. After a brief illness and a stay in a rehabilitation center, she did not want to become involved in physical therapy (PT) and informed the therapists there that she would participate in PT when she returned to the Geriatric Day Care Center.

These testimonies echo the sentiment of many caregivers who value the services provided by the Downtown Cluster's Geriatric Day Care Center. The community-based, non-residential day center provides vital services like transportation and meals for seniors who can spend their days occupied with creating art, engaging in recreational therapy and counseling, and leading active social lives.

The main focus is to prevent further emotional, physical or cognitive deterioration of the elderly and to offer a humanistic alternative to costly institutional care.

Center participant and poet in residence Iola Hall shared her poetic words of wisdom with those in attendance to many chuckles and applause.



Caregiver Rogeria Westbrook attends the Downtown Cluster's anniversary gala.

The mistress of ceremonies for the event was Aisha Karimah, director of community affairs for NBC4. Washington D.C. Special greetings were also provided by Council of the District of Columbia Chairman Phil Mendelson and Elois H. Jones, founder, Downtown Cluster's.

Thomye Cave, executive director recognized the following "Unsung Heroes" for their continued support over the years to Downtown Cluster's:

Andre Davis

Antwanye Ford, Enlightened Incorporated

Andre Rogers, Enlightened Incorporated

Reverend Alonzo D. Hart, Jr.

Brandi Lester

New Royal Harmonizers

Dr. Paul S. Rhodes

Gala participants danced the night away to the sounds of Blues and old R&B performed by Memphis Gold, with special guest Barbara Washington. Participants wore some of their finest clothes, many adorned with sequins and bugle beads. They appeared to be having flashes of memory as they danced as they did years ago to "Down Home Blues" and ended with James Brown.

A great time was had by all in attendance at the annual event.

For more information about day-care services for older adults at Downtown Cluster's Geriatric Day Care Center, call 202-347-7527.

No Wrong Door

D.C. Awarded "No Wrong Door" Grant to Improve Community-Based Services and Supports

DCOA, in partnership with other D.C. Health and Human Services agencies, was awarded a three-year planning grant through the Administration for Community Living, within the U.S. Department of Health and Human Services. The grant is entitled, "Transforming State Long Term Services and Supports Access Programs and Functions into a No Wrong Door System

for All Programs and All Payers."

DCOA is collaborating with the D.C. Department of Health Care Finance, Department of Developmental Services, Department of Behavioral Health, and Department of Human Services, among other agencies, to improve the coordinated response to "transforming, streamlining and personalizing services into a No Wrong Door (NWD) System."

For more information, visit www.acl.gov.

Train to Become an Ambassador

The D.C. Office on Aging (DCOA) Ambassador Program is a free, interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, join us for our next Ambassador Training Workshop to learn about all of the programs and services that DCOA offers to the community and how you can become

an Ambassador. All workshops are held at DCOA Headquarters and include: an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate.

Next Training Dates

Nov. 13, special session at Washington Seniors Wellness Center. Call 202-581-9355 to register

Nov. 20, 10 a.m. to noon, DCOA, 500 K St. NE.

For more information or to register, call 202-724-5622.

Club Memory

Club Memory is a stigma-free social club for people with early-stage Alzheimer's, mild cognitive impairment or other forms of dementia, and their spouses, partners and caregivers.

At Club Memory, conversation, camaraderie and even laughter among peers who truly understand each other open the doorway to liv-

ing life to its fullest in the face of a dementia diagnosis.

If you or someone you care about has been diagnosed with early-stage Alzheimer's, mild cognitive impairment or any other form of dementia, know that there is hope and support for you and your family. Please call 202-724-5622 to register.

Intergenerational Program Seeks Volunteers

The Office on Aging is currently seeking seniors interested in volunteering to build relationships with, mentor and guide our District's youngest learners in D.C. Public Schools.

This program is designed to bring together senior citizens and early childhood students to work together on learning experiences in the classroom. For more information, call 202-724-5622 to express an interest.

Director's message

From page 31

Meetings at Club Memory include light refreshments and coffee and engaging activities consisting of board games, puzzles, sign-alongs, trivia and challenges, and sharing of resources and fruitful conversations. Participants also go on trips to museums, restaurants, and other fun places ideal for the awesome fellowship.

In addition to our exciting partnership with Sibley Memorial Hospital, I am also excited about our partnership with the Alzheimer's Foundation of America (AFA), especially as it celebrates National Memory Screening Day on Tuesday, Nov. 18. This is a very special day as AFA continues to promote early detection of memory problems and to encourage appropriate intervention for persons who may be experiencing memory issues. There will be free, confidential memory screenings facilitated by trained health professionals, and educational materials available for seniors and their caregivers so that they can learn more about memory loss and brain health.

A memory screening is ideal for anyone who is concerned about memory loss or experiencing warning signs of dementia, which include, but are not limited to, trouble finding words, trouble with completing familiar actions, misplacing familiar objects, making bad decisions, loss of interest in important responsibilities, and expressing false beliefs. You may also be an ideal candidate for a memory screening if your family members and friends have noticed changes in you, or if you believe that you are at risk due to a family history of Alzheimer's disease or related illness.

November Events

5th • 9 a.m.

A Ward 5 Advisory Council meeting will be held at Seabury Resources for Aging's office, 2900 Newton St. NE. For more information, contact Vivian Grayton at 202-529-8701.

8th • 10 a.m. to 2 p.m.

The New Bethel Baptist Church will hold a health fair with flu vaccines, blood pressure screening, testing for HIV and hepatitis C, vision and glaucoma screening, diabetes and kidney screening, sickle cell testing and more. The church is located at 1739 9th St. NW. For more information, call Lorraine Beard at 202-276-1640 or email ljbeard@aol.com.

12th • 9 a.m.

The Washington Seniors Wellness Center will hold a diabetes symposium. The center is located at 500 K St. NE. For more information, call 202-724-5622.

12th • 10:30 a.m. to 3 p.m.

A Community Health, Wellness and Informational Fair will be held at the Overlook Apartments, 3700 9th St. SE. Contact Katrina Polk at 202-373-1900 for more information.

13th • 10 a.m. to 2 p.m.

The United Planning Organization hosts a senior housing fair at the Petey Greene Community Service Center, 2907 Martin Luther King, Jr. Ave. SE. For more information, call Nickie McKenzie at 202-210-6082.

13th • 11:30 a.m.

Delta Towers will hold a town hall meeting at 1400 Florida Ave. NE. For more information, contact Vivian Grayton at 202-529-8701.

19th • 1 p.m.

The D.C. Office on Aging will present information on its programs and services to the Shiloh Senior Citizens Club, Shiloh Baptist Church, 1509 9th St. NW. For more information, contact Alice Thompson at 202-535-1321.

26th

Registration closes on Nov. 26 for the Iona Senior Services Take Charge Age Well Academy, which will meet weekly from 2 to 4 p.m., Dec. 3 to Jan. 28. The series covers meaningful choices in retirement, estate planning, brain fitness, aging in place and more. The fee is \$115, and scholarships are available. Classes are held at Iona, 4125 Albemarle St. NW. To register, call Iona at 202-895-9448 or email registration@iona.org.

Even if you don't have any memory issues, you can take the screening as a way to collect baseline memory data that could be compared to the health of your brain in the future. Let me be clear that a memory screening is not a tool to diagnose any specific type of disease and does not substitute for a physician's consultation.

Before ending this message, I would also like to inform you that our office recently secured funding from the U.S. Administration for Community Living to establish the District's Alzheimer's Disease Initiative. This is very exciting

because, through this funding opportunity, our office plans to accomplish three major objectives.

First, we will increase access to home and community-based services and supports for individuals with Alzheimer's disease and Related Disorders (ADRD) living alone in the District of Columbia, especially those who have low to moderate income. Second, we will increase opportunities for older adults with intellectual and development disabilities and ADRD to receive high quality, person-centered day services customized to meet their individ-

ual needs. Third, we will improve the ability for professional and family caregivers to manage behavioral symptoms of ADRD and increase respite and support service to caregivers.

To learn more about the Club Memory Program, or to find a location near you to receive a free memory screening, please contact us at 202-724-5622. You can also contact us if you are interested in learning more about our Alzheimer's Disease Initiative, or if you would like to partner with us as we improve the quality of life of those with dementia.

SPOTLIGHT ON AGING

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500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov
John M. Thompson, Ph.D., FAAMA
Executive Director
Darlene Nowlin
Editor
Krystal Branton
Photographer

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or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

**The Office on Aging is in
partnership with the
District of Columbia
Recycling Program.**

Caregiver Summit on Nov. 18

The D.C. Office on Aging Lifespan Respite Program, AARP, the Alzheimer's Association and Iona Senior Services will present the 2014 Caregiver Summit "Uplifting Caregivers Across the Lifespan" on Nov. 18 from 8:30 a.m. to 4 p.m. at Iona Senior Services, 4125 Albemarle Street, NW.

This summit will uplift and increase caregivers' and professionals' knowledge on caregiving topics across the lifespan. The event is free but registration is required. To register, please email linda.irizarry@dc.gov or call 202-535-1442.